GET STARTED WITH GOODNESS!

A PROGRAM FOR HOME, SCHOOL, AND WORK SETTINGS

Participating in our GET STARTED WITH GOODNESS program is a great way to remind yourself and others to continually do acts of goodness, and can help establish a positive tone in your home, school, or work environment. The list below highlights 20 ways that you can rock the world with goodness! Check off each act of goodness in the list once you have completed it – you may want to hold a special celebration once you have completed all 20 acts of goodness! GET STARTED WITH GOODNESS is part of the "Goodness Rocks!" collection of motivational materials – visit GoodnessRocks.com for more information! Congratulations on rocking the world with goodness and making the world a better place!

□ **SAY "PLEASE!"** Saying "please" when you ask somebody to do something indicates that you respect the other person, and that you value the other person's time and efforts.

□ **SAY "THANK YOU!"** Saying thank you when somebody helps us or gives us something builds positive relationships and helps the other person feel appreciated. Expressing gratitude can also make us feel better, physically and emotionally!

□ **SMILE!** Smiling is a gift that gives both ways! Seeing a smile helps people relax and feel more joyful, while giving a smile can reduce your stress and improve your mood!

□ **GIVE COMPLIMENTS!** Saying nice things to other people can increase their self-confidence and can help create a positive environment.

□ **COMPLETE ASSIGNMENTS AND ACTIVITIES ON TIME!** Completing assignments and other activities on time can reduce your stress and help many people's lives run more smoothly!

□ **BE POLITE AND KIND!** Doing and saying polite and kind things – such as letting others get in line in front of you, opening a door for someone, or saying "Excuse me" – makes the world a better place!

□ **LISTEN!** Listening is an act of goodness, both for ourselves and for whomever we are listening to! Listen to the Lord, and receive His guidance and love. Listen to nature, and be refreshed and inspired! Listen to others, and they will feel valued and appreciated.

□ **SHARE!** Sharing is caring! You can share food, clothing, school supplies, time, invitations, ideas, and more!

□ **PAY ATTENTION TO INSTRUCTIONS – MAKE SURE YOU UNDERSTAND THEM, THEN FOLLOW THEM!** Following instructions can help save time, money, and energy!

□ **TAKE GOOD CARE OF YOURSELF, INCLUDING YOUR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH!** You are important! Giving yourself proper nutrition, exercise, and positive attention is an act of goodness for yourself, and for those who care about you!

□ **REST! GET A GOOD NIGHT'S REST, AND TAKE BREAKS WHEN YOU NEED TO DURING THE DAYTIME!** Your body and your mind need time to rest, repair, and recharge!

□ **SEEK TO UNDERSTAND OTHERS, INCLUDING THEIR ACTIONS AND PERSPECTIVES. DON'T BE JUDGMENTAL OR CRITICAL!** If someone does something that frustrates or bothers you, forgive and/or talk with them about the situation. Conflicts and hurt feelings often stem from simple misunderstandings that can be resolved.

□ **ASK QUESTIONS. EXPAND YOUR LEARNING AND UNDERSTANDING!** Asking questions increases your understanding about the world around you, and shows people that you are interested in what they are saying.

□ **TEACH SOMETHING TO SOMEONE ELSE!** Teach others what you know, or know how to do! Acquiring new information and skills can help broaden people's horizons and increase their self-confidence!

□ **RESPECT!** Respect people, including their time and feelings! Respect places and materials – handle things with care!

□ **VOLUNTEER!** Volunteers do things willingly, particularly to benefit others. Find a great community service organization whose mission you believe in, and volunteer your time and skills! Or volunteer to help a family member, friend, or someone you know with a project that's important to them!

□ **SOLVE A PROBLEM!** Create a solution for a problem or situation that you are concerned about!

□ **ENCOURAGE SOMEONE!** Think about someone who might need a little motivation, joy, or hope, then encourage that person to live their best life!

□ **BE HAPPY (REJOICE, CELEBRATE)!** What are some things, people, or places that make you happy? Think about all of these, and rejoice!

□ **USE YOUR GIFTS AND TALENTS!** Everyone has certain gifts and talents. When we use our gifts and talents, we experience joy and we make the world a better place!